

# Medical and School Information

Provided by

**Family Service Center**

**Naval Station San Diego**

# Medical Information

## ***NAVAL HOSPITAL***

The Naval Medical Center San Diego is located on Florida Canyon Drive. This is adjacent to Balboa Park. The Naval Medical Center is the most technologically advanced Navy medical treatment facility.

Nicknamed, Balboa, the pride of Navy Medicine, the hospital has played a vital role in the history of San Diego for more than 70 years. From the original tent dispensary established in 1917, to the high-tech, ultra-modern facility of the 1990's, the mission has remained constant - to provide the finest medical care available.

There are almost half a million people in San Diego County eligible to receive care at the Naval Medical Center. This care is provided by a military staff of about 3,000 and approximately 1,200 civilians. To augment that staff and to expand the scope of services available to our patient population, Naval Medical Center San Diego has taken the lead in introducing many innovative partnership and resource sharing programs which allow civilian health care providers to treat patients within the Naval Medical Center.

A leader in the medical field, the hospital is also a major teaching center. As Navy Medicine's most active teaching hospital, graduate medical education programs are conducted in anesthesiology, dermatology, emergency medicine, general surgery, internal medicine, obstetrics-gynecology, ophthalmology, otolaryngology, orthopedics, pathology, pediatrics, psychiatry, psychology, urology, general practice dentistry, oral and maxillofacial surgery, nurse anesthesia, and hospital pharmacy.

The Naval Medical Center operates a network of clinics located at area military installations. Through these clinics, emergency and ambulatory care is provided to the active duty populations of all San Diego based ship and shore commands.

Because the Naval Medical Center is first and foremost a military command, most of its assets are dedicated to support operational readiness. The center has five medical mobilization teams and two fleet surgical teams whose personnel are drawn from hospital staff. These teams deploy to the Western Pacific and Southeast Asia at various times during the year. Every time a ship moves, medics go too. It is the center's mission to insure sailors and Marines onboard those ships have access to quality medical care, if needed.

Throughout its proud history, Naval Medical Center San Diego has established itself as a leader in the field of medicine. That reputation for excellence continues today as the staff propels into the 21st century.

## **HOW TO ACCESS CARE**

How does one get medical treatment in San Diego? The answer will depend on the patients statue or category. Active duty personnel are first seen (usually) at Sick Call or the Medical Clinic on their ship or the base where their command or ship is physically located.

For the most part, active duty personnel experience no difficulty or confusion accessing medical care for themselves. The confusion seems to arise when non-active duty personnel (dependents and retirees) seek care. Accessing medical care for non-active duty patients appears to be fraught with misinformation and confusion.

Just as the active duty patient begins his or her medical treatment at Sick Call, the non-active duty patient must begin his or her treatment at one of the five initial entry points. The five entry points are: the Primary Care Clinic; the Pediatric Clinic; the Adolescent Clinic; NAVCARE Clinics; and the Emergency Room.

**NOTE:** The Emergency Room is for bonafide emergencies only. Patients who arrive at the Emergency Room with other that emergency problems will be directed to one of the other entry points for care.

These five entry points function as a Sick Call for the non-active duty patient. The patient is seen, diagnosed, treated, referred to a specialty clinic for further treatment, or admitted as an inpatient by the entry point physician. In other words, to gain access or get into the Naval Medical Center system, the patient must first go through on of the initial entry points.

All five initial entry points offer walk-in or same day appointment service. For additional information call:

Primary Care Clinic	532-8225
Pediatric Clinic	532-6851
Adolescent Clinic	532-6930
NAVCARE South Bay	425-NAVY
	585-0099
NAVCARE Clairemont Mesa	569-6664
Emergency Room	532-8275

## **NAVCARE CLINICS**

The NAVCARE Clinics are open on a by appointment only basis seven days a week, including holidays. Primary care only is provided. If your condition is classified as emergency do not go to the NAVCARE Clinic. Services include health care treatment such as routine and acute gynecological service, Well-Baby checkups, pediatrics, and some chronic medical problems, as well as physical examinations (School, sport, routine, etc.)

Routine laboratory, radiological and pharmaceutical services that support this scope of care to the patient are provided.

NAVCARE Clinic users must present a valid military ID card and be enrolled in DEERS. Persons that have a chronic medical condition should provide their medical record to ensure that continuity of care is maintained.

### **Hours of Operation at NAVCARE Clinics**

Monday through Friday	7:00 a.m. - 8:00 p.m.
Saturdays, Sundays and Holidays	7:00 a.m. - 4:00 p.m.

### **Location of the NAVCARE Clinics**

670 L Street	9332 Clairemont Mesa Blvd	1830 West Dr.
Chula Vista, CA	San Diego, CA	Vista, CA
(619) 585-0099	(619) 569-1300	(619) 941-5507

## ***TRICARE***

The TRICARE Health Program provides a variety of options which offer cost savings, flexibility and enhanced benefits.

TRICARE Prime requires enrollment. The Naval Medical Center, NAVCARE, or a civilian provider may be selected as the primary care manager to guide and coordinate all medical care. Call the TRICARE Service Center at 1-800-242-6788 for enrollment information.

TRICARE Extra does not require enrollment, however, by using network providers, no claim forms are required, and cost shares are reduced.

TRICARE Standard offers flexibility by allowing the beneficiary to continue using providers who do not participate in either TRICARE Prime or Extra. Medical care at the medical treatment facility may be received on a space available basis.

## ***PARKING AND TRAM SERVICE***

Parking on the Naval Medical Center compound is severely limited. Staff parking is available in "A-Lot" only. Handicap Parking is available in the upper "B- and C-Lots."

Additional parking is available on Park Blvd. (in front of the old Naval Hospital) in the 400 lot, and the 800 lot. A pedestrian gate is located off Park Blvd. and there is tram service to and from these lots daily, every ten minutes, beginning at 7:35 a.m. until 5:15 p.m. with stops at various points on the hospital compound.

## ***PRIMARY CARE***

Primary Care is for family members age 15 and older, and retirees. There is a staff of both military and civilian doctors. The civilian doctors see patients through the Partnership Program, which is a sharing of costs between TRICARE and the Naval Medical Center. The family members deductible and cost share is waived, hence the patient is seen free of charge.

## ***AMBULANCE***

All emergency ambulance service military or civilian, can be reached by calling 911. If calling from on-base dial 9-911.

Whenever 911 is dialed, the caller's name and address appears on the operator's screen so emergency assistance can be dispatched immediately even if the caller is unable to speak.

Remain calm, answer all questions and follow any instructions given by the 911 operator.

# School Information

## ***ENROLLMENT***

One of the primary concerns of parents with children on arriving to a new duty station is, what school will your children attend? To learn the location of the school in your new area, call the Boundary Office at (619)293-8010. The office hours are from 8:00 a.m. to 4:30 p.m. Monday through Friday. They can inform you of what school your children will be attending.

## ***ELEMENTARY***

### **What you will need:**

- 1 Shot record/Immunization certificate - obtainable from:
  - ◆ NAVCARE Clinic (an appointment is required with the physician first)
    - South Bay Clinic . . . . . 585-0099
    - Clairemont Mesa . . . . . 569-1300
  - ◆ Naval Medical Center (619)532-6925 in the Walk-in Clinic in Bldg. 2, First Deck. Bring Medical Records. Hours are 8:00 a.m. to 4:30 p.m..
  - ◆ Local physician
2. Birth certificate (if entering Kindergarten or First Grade).
3. Address of previous school so they may send for records.
4. Report card

## ***JUNIOR HIGH/MIDDLE SCHOOL***

### **What you will need:**

1. Immunization Record
2. Transfer Slip
3. Report Card

## ***HIGH SCHOOL***

### **What you will need:**

1. If you are new to the district, you will need to have an immunization record and a birth certificate.
2. Others - a copy of the last report card and transfer/check-out slip.

Parents should accompany child to confirm address. Fill out enrollments forms at the school.

## ***PRIVATE SCHOOLS***

- ◆ Appointments required. The parents will tour the school with the director and receive information about the school.
- ◆ Inquire about waiting list (this is common at most institutions).
- ◆ Receive enrollment package
- ◆ Ask what the registration fee and Health Form required at the school.

## ***COMMUNITY HOME EDUCATION SCHOOL***

This is an alternative to traditional schooling. Parents have the opportunity to teach their children at home using state adopted curricula with the support, guidance and supervision of credentialed teachers. If you are interested in home schooling and meet the expectations, please call the Community Home Education School at (619)299-6601.

## ***SCHOOL CALENDAR***

In San Diego, the schools are operating under two different systems. Some schools are under the traditional school year and other schools are operated under the track system. The traditional school year is from September through June. Under the track system, the children attend school all year round. They attend classes for 45 school days followed by 15 school days off, then return to school for another 45 day session. This schedule will continue throughout the year.

## ***VOLUNTARY ETHNIC ENROLLMENT PROGRAM (VEEP)***

This program was initiated in 1967 in the San Diego School District. It was to help the schools meet their commitment to provide quality integrated educational programs for all students. The program is open to minority students in predominantly minority schools and majority students in predominately majority schools.

Students may participate by enrolling in schools where their racial/ethnic group is under-represented. Schools with predominately majority student enrollments are "allied" with schools having predominately minority student enrollments. Students from one neighborhood may remain together at allied schools throughout their education, just as students who attend their neighborhood schools.

Enrollment for elementary schools must be done before the last working day prior to school opening, or the last day of school attendance before winter vacation. During the summer, applications may be requested from Community Relations and the Integration Services Division at (619)293-8307. They can also answer any questions you may have.

Junior High/Middle School students may sign up in the spring prior to next year class schedule development, or before closing of classes for semesters. Following approval of applications, students will be notified about transportation arrangements and registration procedures.

Students are eligible to participate in all activities (including interscholastic athletics) in the allied school. Transportation is provided free of charge provided a minimum of eight (8) students are riding the bus.

## ***GIFTED AND TALENTED EDUCATION PROGRAM (GATE)***

California became committed to programs for the gifted student in 1961. Here in the San Diego area, we are recognized as having one of the outstanding gifted programs in the nation.

The GATE Program, along with providing differentiated opportunities for learning related to abilities and talents of individuals. The program also offers alternative learning environments, develops a commitment to constructive ethical standards, assists in developing self-generating problem-solving abilities and develops realistic, healthy self-concepts.

The San Diego School District is identifying and offering programs to gifted, talented students in the categories of intellectual ability, high achievement, and, at the secondary level, specific academic ability. In future years identification and programs will be considered for students with creative ability, leadership ability, and visual and performing arts talent. The program is designed to meet special education needs through programs suited to individual needs of a minimum of 200 minutes per week for 30 weeks of a school year.

There are two types of programs provided: seminar and cluster. Seminar classes of 18 students enable teachers to attend to students engaged in independent reading, self-initiated inquiry, or independent research projects. Cluster classes enable students to stretch their talents in an atmosphere where all members of the class receive the highest possible challenge and encouragement.

All teachers assigned to the GATE program have demonstrated appropriate characteristics, knowledge, and skills related to the field of education of the gifted. This requirement is filled by either an M.A. degree, demonstration of knowledge and skills gained through experience or service education, or a Specialist Instruction Credential.

## ***MAGNET PROGRAMS***

Available in both elementary and secondary schools, Magnet Program provides you with the opportunity to broaden your child's learning experiences immeasurable in an integrated setting, without additional cost. The Elementary Magnets provide a strong basic skills instructional program in mathematics, reading, writing, spelling, and language. Secondary Magnets offer concentrated resources for instruction in a particular field of study.



The special focus and extra instruction in the Magnet Programs are provided daily with the child's regular classes. The child must stay in a given program at least one semester and he/she may switch schools or programs on a yearly or semester basis.

Since the purpose of the Magnet Program is integration, application is open to any student as long as the student's transfer will not adversely affect the balance at minority isolated or minority imbalanced schools. Final selection is based upon ethnic balance of schools along with priorities for enrollment.

Transportation is provided (at no cost to the parents) for students attending Magnet Programs outside their geographical boundary.

## ***INFORMATION***

Communications and Public Affairs  
San Diego City Schools  
Educational Center  
4100 Normal Street  
San Diego, CA 92103  
(619) 293-8414

Community Relations and Integration Services Division  
4100 Normal Street, Room 2220  
San Diego, CA 92103  
(619) 293-8307

## ***FOR SECONDARY SCHOOLS***

San Diego City Schools  
K-12 Magnet Programs  
4100 Normal Street  
San Diego, CA 92103  
(619) 293-8411

San Diego City Schools  
GATE Program, Room 2014  
Educational Center  
4100 Normal Street  
San Diego, CA 93103  
(619) 293-8411

## ***SCHOOLS IN MILITARY FAMILY HOUSING AREAS***

### **Admiral Hartman**

*Bayview Terrace Elementary*  
2445 Fogg Street  
San Diego, CA 92109  
(619) 273-5244

*Sessions Elementary*  
2150 Beryl Street  
San Diego, CA 92109  
(619) 273-3111

*Pacific Beach Middle*  
4676 Ingraham Street  
San Diego, CA 92109  
(619) 273-9070

*Mission Bay High*  
2475 Grand Avenue  
San Diego, CA 92109  
(619) 273-1313

### **Beech Street Knolls**

*Brooklyn Elementary*  
3035 Ash Street  
San Diego, CA 92102  
(619) 525-7410

*Roosevelt Junior High*  
3366 Park Boulevard  
San Diego, CA 92103  
(619) 293-4450

*San Diego High School*  
1405 Park Boulevard  
San Diego, CA 92101  
(619) 525-7455

### **Bonita Bluffs**

*Avondale Elementary*  
8401 Stansbury Street  
Spring Valley, CA 91977  
(619) 668-5880

*La Mesa Middle*  
4200 Parks Avenue  
La Mesa, CA 91941  
(619) 668-5730

*La Presa Middle School*  
1001 Leland Street  
Spring Valley, CA 91977  
(619) 668-5720

*Mt. Miguel High*  
1800 Sweetwater Road  
Spring Valley, CA 91977  
(619) 463-5551

*Rancho Elementary*  
8845 Noeline Avenue  
Spring Valley, CA 91977  
(619) 668-5885

### **Cabrillo Heights**

*Angier Elementary*  
8450 Hurlburt Street  
San Diego, CA 92123  
(619) 496-8295

*Kearney High School*  
7651 Wellington Way  
San Diego, CA 92111  
(619) 496-8370

*Taft Junior High*  
9191 Grammercy Drive  
San Diego, CA 92123  
(619) 496-8245

## **Chesterton**

*Chesterton Elementary*  
7335 Wheatley Street  
San Diego, CA 92111  
(619) 496-8070

*Jones Elementary*  
2751 Greyling Drive  
San Diego, CA 92123  
(619) 496-8140

*Kearney High*  
7651 Wellington Way  
San Diego, CA 92111  
(619) 496-8370

*Montgomery Junior*  
2470 Ulric Street  
San Diego, CA 92111  
(619) 496-8330

## **Gateway Village**

*Correia Junior High*  
4302 Valeta Street  
San Diego, CA 92107  
(619) 222-0476

*Dewey Elementary*  
3251 Rosecrans Street  
San Diego, CA 92110  
(619) 223-8131

*Point Loma High*  
2335 Chatsworth Boulevard  
San Diego, CA 92106  
(619) 223-3121

## **Howard Gilmore Terrace**

*Helix High*  
7323 University Avenue  
La Mesa, CA 91941  
(619) 466-4194

*La Mesa Dale Elementary*  
4370 Parks Avenue  
La Mesa, CA 91941  
(619) 668-5740

*La Mesa Middle*  
4200 Parks Avenue  
La Mesa, CA 91941  
(619) 668-5730

## **Hilleary Park**

*Midland Elementary*  
13910 Midland Road  
Poway, CA 92064  
(619) 748-0047

*Poway High*  
15500 Espola Road  
Poway, CA 92064  
(619) 748-0245

*Twin Peaks Intermediate*  
14640 Tierra Bonita Road  
Poway, CA 92064  
(619) 748-5131

## **Holly Square Apartments**

*Mar Vista High*  
505 Elm Avenue  
Imperial Beach, CA 91932  
(619) 691-5400

*Mar Vista Middle*  
1267 Thermal Avenue  
San Diego, CA 92154  
(619) 691-5422

*Oneonta Elementary*  
1311 10 Street  
Imperial Beach, CA 91932  
(619) 575-5957

## **Home Terrace**

*Hamilton Elementary*  
2807 Fairmont Avenue  
San Diego, CA  
(619) 262-2483

*Hoover High*  
4474 El Cajon Blvd  
San Diego, CA 92115  
(619) 283-6281

*Wilson Academy of  
International Studies*  
3838 Orange Avenue  
San Diego, CA 92105  
(619) 280-1661

## **La Mesa Park**

*Helix High*  
7323 University Avenue  
La Mesa, CA 91941  
(619) 466-4194

*La Mesa Middle*  
4200 Parks Avenue  
La Mesa, CA 91941  
(619) 668-5730

*Lemon Avenue Elementary*  
8787 Lemon Avenue  
La Mesa, CA 91941  
(619) 668-5835

## **Lofgren Terrace**

*Allen Elementary*  
4300 Allen School Lane  
Bonita, CA 91920  
(619) 479-3662

*Bonita Vista High*  
751 Otay Lakes Road  
Chula Vista, CA 91913  
(619) 691-5750

*Bonita Vista Middle*  
650 Otay Lakes Road  
Chula Vista, CA 91910  
(619) 691-5690

*Chula Vista Hills Elementary*  
980 Buena Vista Way  
Chula Vista, CA 91910  
(619) 482-7066

## **Marbrisas**

*Bonita Vista High School*  
751 Otay Lakes Road  
Chula Vista, CA 91910  
(619) 691-5750

*Bonita Vista Middle School*  
650 Otay Lakes Road  
Chula Vista, CA 91910  
(619) 691-5690

*Discovery Elementary*  
1100 Camino Biscay  
Chula Vista, CA 91910  
(619) 656-0797

## **Morado Condominiums**

*Bernardo Heights Middle School*  
12990 Paseo Lucido  
San Diego, CA 92128  
(619) 485-4850

*Chaparral Elementary*  
17250 Tannin Drive  
Poway, CA 92064  
(619) 485-0042

*Rancho Bernardo High School*  
13010 Paseo Lucido  
San Diego, CA 92128  
(619) 485-4800

## **Miramar**

*Challenger Junior High*  
10810 Parkdale Avenue  
San Diego, CA 92126  
(619) 586-7001

*Mira Mesa High*  
10510 Reagan Road  
San Diego, CA 92126  
(619) 566-2262

*Hage Elementary*  
9750 Galvin Avenue  
San Diego, CA 92126  
(619) 566-0273

*Scripps Ranch High*  
10410 Trenea Blvd.  
San Diego, CA 92131  
(619) 621-9020

*Kumeyaay Elementary*  
6475 Antigua Blvd.  
San Diego, CA 92124  
(619) 279-1022

*Mary Chase Walker*  
9225 Hillery Drive  
San Diego, CA 92126  
(619) 271-8050

## **Murphy Canyon Heights**

*Farb Middle*  
4880 La Cuenta Drive  
San Diego, CA 92124  
(619) 496-8090

*Serra High*  
5156 Santo Road  
San Diego, CA 92124  
(619) 496-8342

*Hancock Elementary*  
3303 Taussig Street  
San Diego, CA 92124  
(619) 496-8310

*Doris Miller Elementary*  
4343 Shields Street  
San Diego, CA 92124  
(619) 496-8319

## **North Island**

*Coronado High*  
650 "D" Avenue  
Coronado, CA 92118  
(619) 522-8907

*Coronado Middle*  
911 7th Street  
Coronado, CA 92118  
(619) 522-8921

*Village Elementary School*  
600 6th Street  
Coronado, CA 92118  
(619) 522-8915

## **Paradise Gardens**

*Bethune Elementary*  
6835 Benjamin Holt Road  
San Diego, CA 92114  
(619) 267-2271

*Morse High*  
6905 Skyline Drive  
San Diego, CA 92114  
(619) 262-0763

*O'Farrell Community School*  
6130 Skyline Drive  
San Diego, CA 92114  
(619) 263-3009

## **Park Summit**

*Jefferson Elementary*  
3770 Utah Street  
San Diego, CA 93104  
(619) 293-4406

*Roosevelt Junior High*  
3366 Park Boulevard  
San Diego, CA 92103  
(619) 293-4450

*San Diego High*  
1405 Park Boulevard  
San Diego, CA 92102  
(619) 525-7455

## **Pomerado Terrace**

*Miramar Ranch Elementary*  
10770 Red Cedar Drive  
San Diego, CA 92131  
(619) 271-0470

*Mira Mesa High*  
10510 Reagan Road  
San Diego, CA 92126  
(619) 566-2262

*Wagenheim Middle School*  
9230 Gold Coast Drive  
San Diego, CA 92126  
(619) 578-1400

## **Prospect View**

*Prospect Avenue Elementary (K-8)*  
9303 Prospect Avenue  
Santee, CA  
(619) 258-2420

*West Hills High (9-12)*  
8756 Mast Boulevard  
Santee, CA  
(619) 562-0507

## **Ramona Vista**

*Olive Pierce Middle*  
521 Hanson Lane  
Ramona, CA 92065  
(619) 788-5050

*Ramona Elementary*  
415 8th Street  
Ramona, CA 92065  
(619) 788-5010

*Ramona High*  
1401 Hanson Lane  
Ramona, CA 92065  
(619) 788-5015

## **Riverplace**

*Chet F. Harritt Elementary (K-7)*  
8120 Arlette Road  
Santee, CA  
(619) 258-2340

*Prospect Avenue Elementary  
(8th Grade)*  
9303 Prospect Avenue  
Santee, CA  
(610)258-2420

*West Hills High (9-12)*  
8756 Mast Boulevard  
Santee, CA  
(619) 562-0507

## **Silver Strand**

*Coronado High*  
650 "D" Avenue  
Coronado, CA 92118  
(619) 522-8907

*Coronado Middle*  
911 7th Street  
Coronado, CA 92118  
(619) 522-8921

*Silver Strand Elementary*  
1350 Leyte Road  
San Diego, CA 92118  
(619) 522-8934

## **Terrace View Villas**

*Hoover High*  
4474 El Cajon Blvd.  
San Diego, CA 92105  
(619) 283-6281

*Rowan Elementary  
Academic Enrichment*  
1755 Rowan Street  
San Diego, CA 92105  
(619) 262-7541

*Wilson Academy of  
International Studies*  
3838 Orange Avenue  
San Diego, CA 92154  
(619) 280-1661

## **Wintergreen Village Apartments**

*Nester Elementary*  
1455 Hollister Street  
San Diego, CA 92154  
(619) 575-5952

*Southwest High School*  
1685 Hollister Street  
San Diego, CA 92154  
(619) 691-5465

*Southwest Junior High*  
2710 Iris Avenue  
San Diego, CA 92154  
(619) 691-5455

## **Woodlake**

*El Capitan High*  
10410 Ashwood Street  
Lakeside, CA 92040  
(619) 443-1081

*Lakeside Middle*  
11833 Woodside Avenue  
Lakeside, CA 92040  
(619) 390-2636

*Riverview Elementary*  
9308 Winter Gardens Blvd.  
Lakeside, CA 92040  
(619) 390-2662

## **COLLEGES AND UNIVERSITIES**

The local Naval Station Educational Office is located in Bldg. 151 onboard the Naval Station "wet side". Visit the educational office if you would like information on obtaining your GED or High School diploma, or to get registered in the local universities and/or colleges. This is the office for the active duty members to report to if they would like assistance with the tuition at the local schools. The office manager is Ray Sayre, and he, or one of his staff, can be reached by calling 556-4922. Information is also available on obtaining scholarships for the family members.



# NAVAL STATION EDUCATION CENTER

Building 151

Navy Campus

556-4922

## On Base Programs

Naval Station Education Center has many opportunities for active duty military and family members to achieve their educational goals. Located on the harbor side of the base up from pier one, the Naval Station Education Center is open Monday through Friday from 0730 - 1600. For more information please stop by or call the Education Center, 556-4922.

### High School Completion Program

Interested in getting a High School Diploma or a GED? Stop by or call the **Foundation High School** representative, 292-2900/238-4376. He can show you the steps to achieving your goals. Evening classes are available to help you complete high school requirements. Active duty military are eligible for 100% tuition assistance and family members can check with the Foundation High School representative for financial assistance information.

### Citizenship Class

This class is available to anyone needing assistance in applying for citizenship. If you are interested please call 292-2900 or 238-4376 for more information.

### Associate's Degree

Associate Degrees are offered through colleges at the Naval Station Education Center. Classes are held in the evening and usually on an accelerated schedule.

**Central Texas College** offers Associate Degrees in Microcomputers, Criminal Justice, Legal Asst., Law Enforcement, EMT, and Child Development. Call the Central Texas College representative at 238-7051 for more information.

**National University** provides on base classes to achieve an AA emphasizing Oral and Written Communication. To find out more about this degree contact the National University representative at 563-7474.

**San Diego City College** offers general education classes for an Associate Degree in Liberal Arts. To sign up or for more information please call the representative at 233-5617.

## Bachelor's Degrees

**Chapman University** offers Bachelor's Degrees in Social Science, Computer Information Systems, Criminal Justice, and Organizational Leadership. The T.A.P.E. program of independent study is also available. Call Carol, 696-0831, for more information and to sign up. Chapman University also has the Start computer program to assist you in finding financial aid information and the cost is \$5.00.

Interested in completing a BS in computer science? Call the **National University** representative at 563-7474, for more information on how to enroll into the program.

**Southern Illinois University** offers a twelve month, every other weekend, BS degree program in Workforce Education, Training and Development. Call 238-4742 for more information.

### Master's Degree

**University of Redlands** offers a Masters of Arts in Management with a TQL emphasis. This program takes 14 months to complete. Contact Vince at 235-8540 for more information.

## Professional Development

**United States International University** offers a certificate program in Total Quality Management. This is a five (5) course program. Contact Richard at 234-9610 for more information and to sign up.

## Computer Classes

**Central Texas College** offers computer classes at various times including day, evening and Saturday classes. Courses offered include: Windows '95, MS-DOS Fundamentals, Lotus 1-2-3, WordProcessing for Microcomputers, Spreadsheets for Microcomputers, and Microcomputer Fundamentals. For more information about these classes call 238-0751.

### Conversational Spanish Classes

This class is taught in the evenings at the Education Center. Classes are held at different times throughout the year and the cost is \$45.00. For more information or to sign up call 556-4922.



**NAVY CAMPUS IS LOCATED  
IN BLDG 151 RM 100  
HOURS OF OPERATION**

0730 - 1600 Mon, Tues, Thurs, Fri  
0730 - 1730 Wednesdays  
Closed Weekends and Holidays

**TELEPHONE** 556-4922  
**FAX** 556-5337

**ACADEMIC SKILLS**

This three week long program is offered once a month. This program meets the requirements to retake the ASVAB and assists active duty military in math and English skills. For more information or to sign up call Navy Campus at 556-4922.

**DD 295 WORKSHOP**

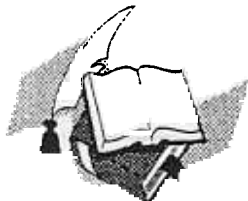
Evaluation Of Military Experience for College Credit. (DD295) workshop is offered every Wednesday morning at 1130 in Room 103. Space is limited to the first twenty people. Please bring copies of your Page 4's. You will be able to complete an UNOFFICIAL evaluation during the workshop.

**BRIEFINGS**

Tuition Assistance briefings are held every Wednesday at 1430 in Room 103. It is Mandatory for all first time applicants at Naval Station.

**TESTING**

Doors to the building generally open at 0645 and exams start promptly at 0700 in Room 103. Reservations are required for testing. Preparation is strongly recommended and study material is available in the  
**LEARNING CENTER  
(BLDG 152)**



**SAT and ACT  
TESTING**

SAT I is offered twice every month and the ACT exam is offered at various times throughout the year. One SAT or ACT exam is administered free for Active Duty personnel. Otherwise, bring a money order for \$21.50 for the SAT and \$18.00 for the ACT. Please call for dates, times and reservations

**CLEP/ DSST/ACT-PEP**

These tests are offered twice a month. American History I, & American History II may be taken on special request only. English CLEP w/Essay is only offered four times a year. Call for dates times and reservations.

**Pre-GED/GED**

Pre-GED exams can be taken anytime during normal hours of operation. The GED is only administered to active duty military and a Pre-GED Score Report is required for GED admittance. Call the Education Center to find out more about these two test and to register.

**GMAT AND GRE EXAM**

The GMAT Exam and the GRE are offered to active duty military and reserves. Call Navy Campus, 556-4922, for dates, times and reservations. Advanced reservation is required to ensure a test will be available on the test day.

**LEARNING CENTER**

The Learning Center provides tutorial assistance in reading, writing, and math. Test preparation for the ASVAB, CLEP, ACT, SAT, GED and GRE General exams is available. The Learning Center is located in the Naval Station Library, building 152. The point of contact is Duncan and hours of operation are Mon - Thurs 1600 to 1930 and Sat 0930 - 1300.

# Child Care Services in San Diego

The Child Care Resource and Referral Office (CCRR) located at Naval Station San Diego can help you in locating child care in the San Diego area. The CCRR is located at the Child Development Center, Building 3320. You may also call them at 556-8491 for more information. Some of the information they can provide is:

- ◆ Child Care Options
- ◆ Choosing Quality Child Care
- ◆ Child Care Providers
- ◆ Child Care Licensing Regulations
- ◆ Child Care Subsidies

## ***ON-BASE CHILD CARE***

Child care services are offered at most of the naval facilities in the San Diego area. Hours, rules, and cost vary. For more information, you may call them.

Naval Station . . . . .	556-9555 / 9556
Naval Station (Infant Care)	556-7477
NAS North Island	545-7226
Naval Amphibious Base . . . . .	437-3471
NAS Miramar	537-4144
Naval Submarine Base	553-0765
OLF Imperial Beach .	437-9425
Marine Corps Recruit Depot . . . . .	524-4430
Marine Corps Base, Camp Pendleton . . . . .	(760) 725-6308
Murphy Canyon Housing Area .	556-0031

## ***OFF-BASE CHILD CARE***

There are two non-profit child care referral agencies operating in the San Diego area. They can provide you with a list of child care providers in your area. Some of these sites offer State Department of Education tuition assistance to low-income families. For further information, call:

Child Development Associates, Inc  
1196 Third Avenue, Suite 202  
Chula Vista CA 91911  
(619) 427-4411

YMCA Child Care Resource Service  
3333 Camino del Rio South, Suite 400  
San Diego CA 92108-3839  
(800) 481-2151

## ***DAY CARE REFERRAL***

The Family Child Care Program is military families caring for the children of military members. The care is provided only in off-base housing by trained and supervised family members. All care providers are required to obtain a day care license from the state of California. Training in first aid and CPR is completed prior to receiving permission from the Navy to start the business. Homes are inspected for safety, fire, and health hazards.

- ◆ Some of the providers can respond to the unique needs of the Navy work schedules.
- ◆ Some providers offer part-time care or care for children with special needs.
- ◆ A maximum of six children may be cared for, including those of the child care provider.
- ◆ **YOU DO NOT HAVE TO LIVE IN NAVY HOUSING IN ORDER TO UTILIZE THIS PROGRAM.**

*For more information on this program, contact Child Care Resource and Referral at 556-8491.*



# Get a Grip on Relocation

**Contact your local  
Family Service Center  
before you move for:**

- Pre-move planning assistance
- Relocation workshops and seminars
- One-on-one relocation counseling
- Destination-specific information
  - ♦ Welcome Aboard packets and videos
  - ♦ SITES (Standard Installation Exchange Topics System) print-outs
  - ♦ AutoMap print-outs
  - ♦ Housing availability
- Information and referral



## **After you move for:**

- Arrival and settling-in services
- Housing information
- Spouse employment assistance
- Exceptional family member assistance
- Maps and resources
- Information and referral



**Family Service Center ♦ Naval Station San Diego  
Building 259 ♦ 619/556-7404**

# NAVCARE Prime Healthline

A publication of the South Bay NAVCARE Prime Clinic

## Sunny San Diego

When enjoying outdoors activities in sunny San Diego it is important to protect you and your children from the damaging rays of the sun. Long exposure to the sun can cause permanent skin damage, painful sunburn, and greatly increases your chances of getting skin cancer later in life. Here are some pointers to help you protect yourself:

*You can burn even on a cloudy day!  
Avoid the peak exposure hours - 10 to 3  
Always wear sunscreen. Sunscreen products with a higher Sun Protection Factor (SPF) will protect you longer.  
There are special waterproof sunscreens that will help protect you and your children at the pool or beach.  
Hats and sunglasses will protect your eyes from glare.*

**Have fun in the sun! But protect yourself first!**

## Free Book! Free Book!

Everyone loves a book! A book that helps you deal with your family's health concerns is even more loved. TRICARE Prime enrollees of our clinic may receive their free copy of "Take Care of Yourself" a 250 page home health tip guide, by presenting their TRICARE Prime ID card at our reception window. Want to know when to call the doctor and what to do until help arrives? Want to know how to prevent disease? Pick up your **FREE** copy today.

## Protect your family... from Hepatitis B

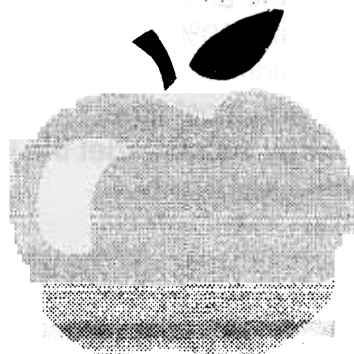
Protecting your family from the sometimes deadly hepatitis B virus is as simple as 1, 2, 3. Hepatitis B is a serious liver disease that can be transmitted in a number of ways. Recently a hepatitis B vaccine was developed and was offered to high risk groups such as health and day care workers. Shortly after its introduction, hepatitis B vaccine was added to the recommended list of pediatric immunizations. Today, children receive the three dose hepatitis B vaccine series as part of their routine well child checkups.

*Your older children need protection also.*

The center for disease control has recognized that the current early childhood immunization program does not adequately protect children who had completed their childhood immunizations before the Hepatitis B vaccine became available. There is a large group of older children and teenagers who may benefit from obtaining this vaccine.

Fortunately, Hepatitis B protection is conveniently available at the South Bay NAVCARE Prime clinic.

Protect yourself and your loved ones. Call for your Hepatitis B appointment today.





## Allergy Season -

### it's just around the corner.

San Diego County has had a wet winter. All that precipitation promises a beautiful spring abundant with flowers of every description. But for allergy sufferers all that beauty can translate into miserable days caused by all the pollen and molds in the air.

What can be done?

Act now. With allergies, the best defense is a good offense. If you wait until you are thoroughly affected by the pollen, mold and dust that we can expect this spring, you run the risk of developing other, more serious infections.

Depending upon the severity of your allergies, here are some preventive measures that you may want to take.

- Get your vacuum cleaner to clean up its act. Vacuuming can worsen your indoor air if your vacuum cleaner does a poor job (as many do) of trapping small particles. The performance of most vacuum cleaners can be improved by replacing the standard bag with a HEPA bag. The HEPA bags filter out 99.7% of airborne particles. The use of these bags in a well maintained machine will greatly reduce the allergens present in your home.

- Change your air conditioning and furnace filters often. Filters are a great way to keep dust and other allergens out of your duct work.

- Install a room air filter. There are many excellent room air filters on the market. Most usually clean the air in a single room. Use the filters in the rooms you spend the most time in (usually the bedroom).

- Identify and remove sources of allergens. A clean house (with a HEPA equipped vacuum) is the most important step. Remove molds from tile grout and wet areas of your home. During very dry weather such as our famous Santa Ana winds you may want to use a humidifier to keep the air in your home at a comfortable humidity (70% is ideal). If you have only one humidifier, use it in the room where you spend the most time.

Have a good allergy season - get the jump on allergies today!

## Women's issues

Women need to take special care of themselves. Your NAVCARE Prime clinic can help. Women of childbearing years should have a **gynecological examination**, including PAP smear, every year. NAVCARE Prime offers no-cost examinations to all eligible persons.

Women age 40 or older, or women who have a history of breast cancer in their immediate family (mother or sister) should obtain a **mammogram**. A mammogram is an x-ray examination of the breast. A mammogram is considered to be one of the best methods of detecting breast cancer at its earliest stages, when chances of full recovery are best. Women age 40 and over should have a mammogram every year. Your NAVCARE Prime clinic offers no-cost mammograms at times convenient to you.

## Eligibility rules have changed!

Effective March 1, 1997 Active Duty may no longer be seen at the NAVCARE Prime Clinic. Also, persons enrolled in TRICARE Prime with a civilian provider (not NAVCARE Prime or a Military Treatment Facility) are not eligible for care at this clinic.

To be eligible for NAVCARE Prime clinic you must be registered in DEERS, have a valid military ID if age ten or over, and, if you have selected the Prime option in TRICARE, you must have selected this clinic as your PCM. Tricare Standard and Extra may be seen at the South Bay NAVCARE Prime clinic.

## Contacting Us.

Appointments 585-0099  
(Phones open at 0630 daily)

Health Benefits Coordinator  
585-0274

Patient Contact Representative  
585-0188

Address: 670 L Street, Suite A  
Chula Vista, CA 91911